

Association between emotional maturity and perceived stress among adolescents

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■ **ABSTRACT** : The present study was an attempt to find association between emotional maturity and perceived stress among 17 to 19 years old adolescents. The total sample for the present study consisted of 100 adolescents from different colleges of Ludhiana city. Emotional Maturity Scale developed by Singh and Bhargava (2012) was used to assess levels of emotional maturity of the adolescents. Perceived Stress Scale developed by Cohen *et al.* (1993) was used to assess stressful feelings and thoughts of the respondents. Findings revealed that 82 per cent of the adolescents had high emotional maturity whereas, level of perceived stress was found to be low among 60 per cent of adolescents. The association between emotional maturity and perceived stress was found to be significant but negatively associated therefore, adolescents with higher emotional maturity were found to be low in stress. The results emphasized the role of emotional maturity in reducing stress among adolescents.

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